

**Robert Crown Center for Health  
Field Trip Permission Slip**

**Trip Date: Wednesday, May 15**

**Cost: \$10**

**Permission Slip Due Date: May 13**

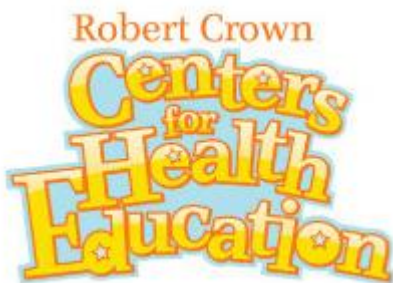
On Wednesday, May 15, the 5th grade will take a field trip to the Robert Crown Center for Health Education in Hinsdale. We will leave Holmes at approximately 9:15 a.m. and return to school at approximately 12:00 p.m. While at the Robert Crown Center, students will attend separate puberty education programs. A summary of the two programs can be found on the reverse of this permission slip. The cost of this field trip is \$10, payable in cash or check (made out to District 97). The fee covers the cost of the program and the bus. A signed permission slip and the \$10 fee are due by **Monday, May 13.**

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I give my child \_\_\_\_\_ permission to attend the field trip to the Robert Crown Center for Health Education on Wednesday, May 15, 2013. The field trip fee of \$10 is enclosed. We will leave the school at approximately 9:15 and travel by bus to Hinsdale. We will return to school at approximately 12:00 p.m., in time for lunch.

Parent signature: \_\_\_\_\_

Parent email: \_\_\_\_\_



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#### **LINDA - PUBERTY EDUCATION FOR GIRLS – 85 Minutes**

The Linda program is a unique opportunity for a pre-adolescent “girls only” education about puberty. We discuss the physical and emotional changes that occur during puberty and also compare the female and male reproductive anatomy. Robert Crown educators address secondary physical changes such as breast development, increased production of sweat and oil, acne, increased percent body fat, and the growth of body hair, as well as the menstrual cycle.

Each participant takes home a comprehensive booklet as a resource. Booklets are available in English and Spanish.

Program Goals:

Students will...

1. Increase knowledge about human anatomy, the changes which occur during puberty, and the reasons for these changes.
2. Understand that the changes of puberty are a normal part of human development and will increase their comfort for discussing this topic with trusted adults.
3. Learn skills to take care of their bodies as they experience the changes of puberty.

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#### **MICHAEL - PUBERTY EDUCATION FOR BOYS – 85 Minutes**

The Michael Program allows pre-adolescent boys to learn about changes they will experience during puberty. The “boys-only” format encourages open discussion about questions that arise during the onset of puberty. We discuss the physical and emotional changes that occur during puberty and also compare the female and male reproductive anatomy. Robert Crown educators address secondary physical changes such as voice change, increased production of sweat and oil, acne, and the growth of body hair, as well nocturnal emissions and spontaneous erections.

Each participant takes home a comprehensive booklet as a resource. Booklets are available in English and Spanish.

Program Goals:

Students will...

1. Increase knowledge about human anatomy, the changes which occur during puberty, and the reasons for these changes.
  2. Understand that the changes of puberty are a normal part of human development and will increase their comfort for discussing this topic with trusted adults.
  3. Learn skills to take care of their bodies as they experience the changes of puberty.
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